

Chicken Vegetable Soup with Kale

Makes: 3 servings

Kale and carrots add lots of Vitamin A to this hearty soup. It is a great recipe for using the beautiful kale from the farmers market.

Ingredients

- 2 teaspoons** vegetable oil
- 1/2 cup** onion (chopped)
- 1/2 cup** carrot (chopped)
- 1 teaspoon** thyme (ground)
- 2** garlic clove (minced)
- 2 cups** water (or chicken broth)
- 3/4 cup** tomatoes (diced)
- 1 cup** chicken, cooked, skinned and cubed
- 1/2 cup** brown rice, cooked (or white rice)
- 1 cup** kale (chopped, about one large leaf)

Directions

1. Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
 2. Add thyme and garlic. Saute for one more minute.
 3. Add water or broth, tomatoes, cooked rice, chicken and kale.
 4. Simmer for 5-10 minutes.
- Washington State University, The Washington Senior Farmers Market Extension Center

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	40 mg
Sodium	85 mg
Total Carbohydrate	16 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	N/A